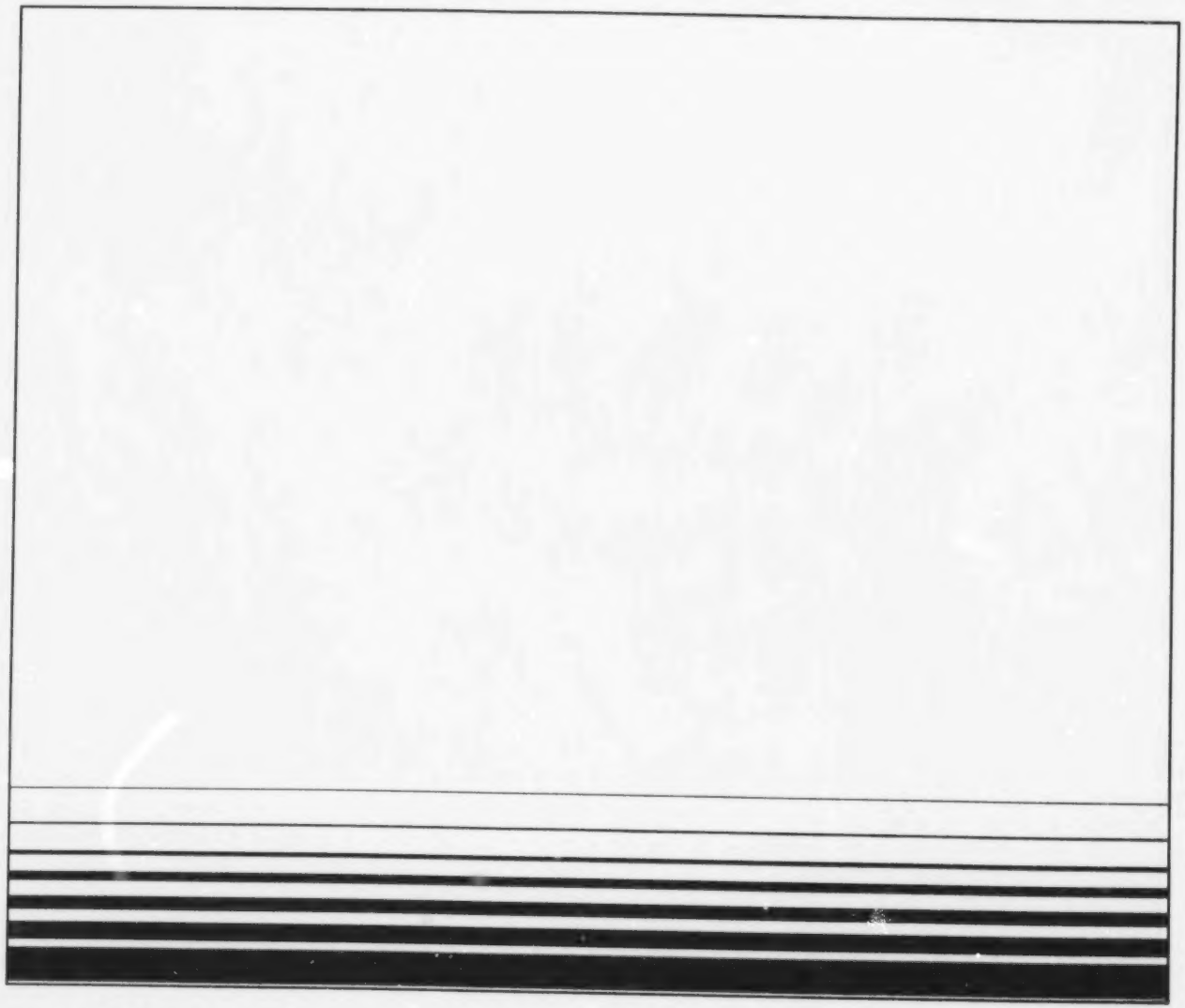
Saskatchewan Alcohol and Drug Abuse Commission

Saskatchewan

Alcohol and Other Drugs/Services Directory



Second Edition 1990

SADAC

INTRODUCTION

91-01809/

This directory provides an overview of alcohol/drug-related community resources in Saskatchewan.

The purpose is to increase community awareness of the variety of services (from prevention to treatment) available for their specific need.

The directory is divided into three sections:

- *Education (Prevention) -- steps to be taken before there is an identifiable problem*
- *Intervention -- steps to be taken when a problem is beginning*
- *Treatment -- a serious problem where assistance is required*

Services and programs for each section are listed along with contact persons, addresses and phone numbers. These services are grouped by their main focus; however, many organizations provide a continuum of services from prevention to treatment.

The directory is not intended to be totally inclusive. If you are aware of an alcohol/drug abuse related service or organization in your community that is not listed, please add it in the space provided on the next page. Then write to us with the information so that we can include it in the next revision.

SADAC
Prevention and Training
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7

Please note: Inclusion in this directory does not imply endorsement of any group, nor does exclusion imply disapproval of any group.

Your Community Alcohol and Drug Abuse Related Services/Organizations

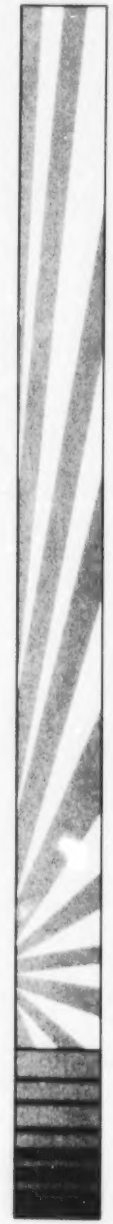


Table of Contents

Introduction

Education (Prevention)

SADAC Programs

Peers Helping Peers 1

Professional Awareness Program 1

Parent Awareness Program – Helping Children Say "No" to Alcohol and Drugs 2

Legal Considerations: Management of Alcohol and Drug Incidents in Schools 2

Professional Development – Staff Training 3

- Mini-Course – Community Education 3
- Northern Mini-Course 3
- Training Calendar Courses 4

Further Studies 5

- Certificate of Continuing Education, Alcohol and Chemical Dependency Studies, University of Regina 5
- Chemical Dependency Worker Program, SIAST 5

Drug Awareness Week – November 19-24, 1990 6

Awards for Chemical Free Graduations 6

SADAC Resource Centre 7

SADAC Video Service 7

Other Programs and Services

Saskatchewan Education 8

- The Division III Health Curriculum 8
- Chemical Free Celebrations Program 8
- Alcohol and Drug Abuse Consultant 8
- Driver Education Program 8

Saskatchewan Health

- Community Health Services 9
- Everyone Wins 10

Lion's Quest 10

- Skills for Adolescence 10
- Skills for Growing 10

PRIDE (Parent Resources Institute for Drug Education) 11

Peer Counselling 12

Police 13

- RCMP 13
- Municipal Police 13

SADD (Students Against Drinking and Driving) 14

Youth for Youth 14

Table of Contents (Continued)

Intervention

SADAC Regional Services

SADAC Regional Services 15

Saskatchewan Native Alcohol Council Corporation (SNACC) 17

Other Programs and Services

Mental Health Services, Saskatchewan Health 18

Saskatchewan Education

- The Driving Without Impairment Program (DWI) 19

Saskatchewan Social Services 20

Church-Based Programs 21

Family Service Bureaus 21

Mobile Crisis 22

Rainbow Youth Centre 22

Self-Help Groups 23

- Alcoholics Anonymous
- Al-Anon Family Groups
- Narcotics Anonymous
- Families Anonymous

University Hospital, Youth Services Program 24

Treatment

SADAC Programs and Services

Out Patient Services 25

Detoxification 26

Residential Services 27

Halfway Houses 28

Marion Graham Collegiate Aftercare Program 28

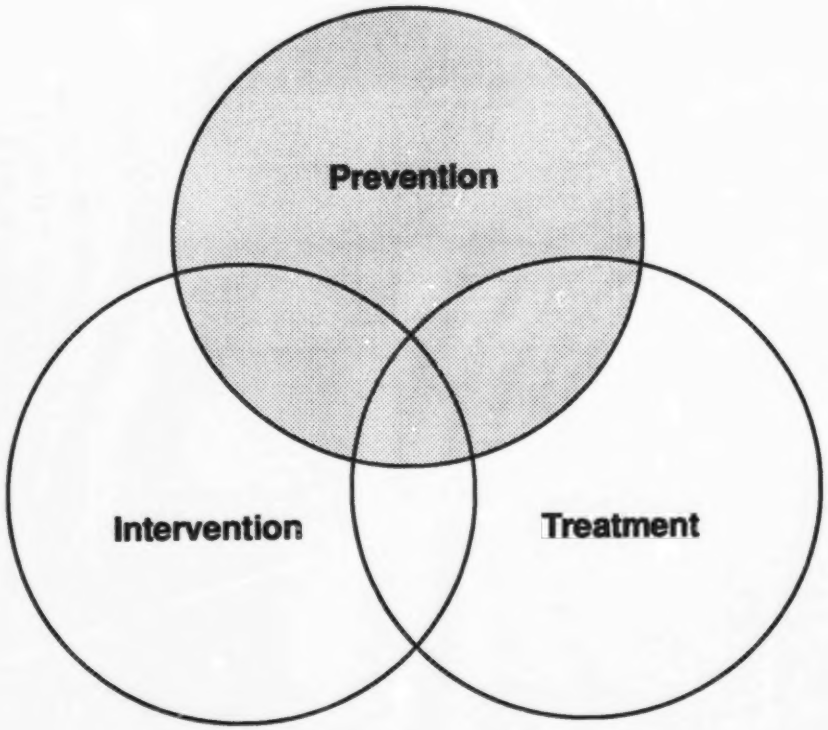
Whitespruce Youth Treatment Centre 28

Other Programs

National Native Alcohol and Drug Abuse Program (NNADAP) – Health and Welfare Canada 29

The Health System 30

Education (Prevention)



Education and Prevention

"Drug information that includes only 'facts' does not appear to be as effective as those approaches that combine factual information with exercises that build self-esteem and decision-making skills. Youth not only need to know about the effects of alcohol and other drug use and abuse, but also how to say 'No'."

"Prevention is an anticipatory action taken to reduce the possibility of an alcohol/drug problem developing or minimize the damage that may result if the problem does develop."

(Alcohol, Drugs and Youth, Report of the Minister's Advisory Committee, 1986)

SADAC Programs

Peers Helping Peers

Core Team Training

This two day workshop provides practical instruction on how to promote, establish, and maintain a peer support program within a school. A Core Team consists of five to eight teachers, students, counsellors, parents, and/or administrators. Topics introduced in this level of training include positive environments, healthy lifestyles, adolescence, lifeskills, and positive peer pressure. Where possible, training is offered to three schools at a time.

Peer Team Training

This three day workshop is for newly formed Peer Teams that have been selected by the Core Team. As many Core Team members as possible are encouraged to attend. Topics introduced in Core Team Training are elaborated upon. Exercises from each topic area are used in the workshop.

Contacts:

Workshop Coordinator: (306) 933-5849

Sandra Lane
SADAC
#503 - 224 - 4th Avenue S.
Saskatoon, Saskatchewan
S7K 2H6

Program Coordinator: (306) 787-4079

Carol Hamm
SADAC
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7

Professional Awareness Program

Professional Training

This one day session is provided for professionals in the following fields: legal, education, medical, social work, mental health, clergy, and pharmacists. The program provides information on alcohol and drug use and abuse; communication skills for assessment and intervention; and information on assessing referral services.

This program will be resourced by trained professionals from each profession and can be presented to interested groups and organizations upon request.

For program information and to arrange for a program in your area:

Contact: Jean Buchanan (306) 779-4899
Coordinator, Professional Programs
University of Regina, Extension
Room 202, College Building
College Avenue and Scarth Street
Regina, Saskatchewan
S4S 0A2

SADAC
Contact: Marion Rieger (306) 787-4094
Education and Extension Coordinator
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7

SADAC Programs

Parent Awareness Program

Helping Children Say "No" to Alcohol and Drugs

This is an eight hour course designed as an early prevention program for parents and guardians of children 8-14 years. Participants receive basic information on alcohol and other drugs, signs and symptoms, effective family communication, enhancing parenting skills and accessing community services.

A two-hour condensed version is now also available at an introductory level.

Schools, groups and organizations may wish to promote or help sponsor this program. Courses are instructed by trained facilitators and will be offered through SIAST. For program information:

Contact: SIAST (306) 787-4838
Business and Community Education
P.O. Box 556
2308 - 11th Avenue
Regina, Saskatchewan
S4P 3A3

SADAC
Contact: Education Consultant (306) 787-4643
SADAC
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7

Legal Considerations: Management of Alcohol and Drug Incidents in Schools

This one day workshop will be of interest to school administrators, board members, counsellors and teachers. The workshop acquaints participants with legal implications of the management of alcohol and drug incidents in the school and at school-related events. It will assist administrators and boards to develop helpful policies and procedures.

This program has been developed by the Public Legal Education Association of Saskatchewan (PLEA) through funding from SADAC.

There is also a follow-up policy writing workshop available for those who have taken the Legal Considerations Workshop.

For program information and to arrange for a program in your area:

Contact: PLEA (306) 653-1868
Rm. 210, 220 - 3rd Avenue South
Saskatoon, Saskatchewan
S7K 1M1

SADAC Programs

Professional Development

Mini-Course - Community Education

The Mini-Course is a five day course for professionals and other interested people. It provides basic facts, examines beliefs and attitudes, and tries to find solutions based on new insights and understanding about alcoholism and other drug related problems.

Location: SADAC Education Centre (306) 933-5849
2003 Arlington Avenue
Saskatoon, Saskatchewan
S7K 2H6

Northern Mini-Course

This three day course is specifically for people from northern communities. It is designed to address issues about alcohol and drugs relevant to people in northern Saskatchewan. It provides some basic facts about alcohol, alcoholism and drug related problems. The course examines beliefs and attitudes, and tries to find solutions based on new insights and understanding.

The Northern Mini-Course is offered several times a year in communities throughout northern Saskatchewan (at no charge).

Note: Courses will be arranged on a request basis. Courses can be tailored to meet specific needs of interested groups. Please allow 2 to 3 months planning time. For further information:

Contact: John Kreiser (306) 425-4362
Director, Regional Services North
SADAC
P.O. Box 5000
La Ronge, Saskatchewan
S0J 1L0

SADAC Programs

Professional Development (Continued)

Training Calendar Courses

Every year SADAC offers a range of professional development courses coordinated by the University of Regina Extension Division. A list of courses available in 1990-91 follows:

Advanced Counselling: Addictions and Family Dynamics
January 9 and 10, 1991 – Saskatoon

Advanced Counselling: Group Therapy
October 23-25, 1990 – Saskatoon

Assessment in Addictions
November 27 and 28, 1990 – Regina

Basic Knowledge Course in Addictions
July 9-13, 1990 – Saskatoon

Cocaine Treatment *
June 12, 1990 – Regina and SCN Satellite Sites

Counsellor Training in Addictions
July 16-20, 1990 – Saskatoon

Drugs/Alcohol and Family Violence *
January 29 and 30, 1991 – Regina and SCN Satellite Sites

Motivating Adolescents *
September 19, 1990 – Regina and SCN Satellite Sites

Native Issues in Addiction Services
February 11, 1991 – Regina

Pretreatment and Stabilization
March 12 and 13, 1991 – Regina

Sexual Abuse: Identification and Referral Issues
February 26, 1991 – Regina

Women and Chemical Dependency *
March 6, 1991 – Regina and SCN Satellite Sites

Inhalant Abuse – Facilitator Training
July 23 and 24, 1990 – Saskatoon

Professional Awareness Program – Facilitator Training
November 13 and 14, 1990 – Saskatoon

Professional Awareness Program – Facilitator Training Refresher Course
December 11 and 12, 1990 – Regina

Youth and Alternatives – Facilitator Training
July 25 and 26, 1990 – Saskatoon

* These courses are broadcast throughout the province at the following SCN Satellite Sites.

- North West Regional College, North Battleford
- Lakeland College, Lloydminster
- Parkland Regional College, Yorkton
- SIAST Kelsey Campus, Saskatoon
- SIAST Woodland Campus, Prince Albert
- Cypress Hills Regional College, Swift Current
- North West Regional College, Meadow Lake
- Northlands Career College, Creighton
- Northlands Career College, Buffalo Narrows
- Northlands Career College, La Ronge
- South East Community College, Indian Head

For course description and registration details:

Contact: University of Regina Extension (306) 779-4899
Room 202, College Building
College Avenue and Scarth Street
Regina, Saskatchewan
S4S 0X2

SADAC Programs

Further Studies

Certificate of Continuing Education, Alcohol and Chemical Dependency Studies, University of Regina

This program is designed primarily for those who are working in the field of addictions or chemical dependencies. Included in this group are social workers, psychologists,educators, medical personnel, police/court personnel, pastoral counsellors, corrections workers, rehabilitation officers, E.A.P. referral agents, detoxification centre staff and community caregivers.

The program will help to develop theoretical and practical understanding of alcoholism and other chemical dependencies, and to develop skills in counselling, treatment and program development.

Required: 8 degree-credit classes (4 credit hours each). Transfer credit may be granted for up to 3 classes. This program is offered with the co-operation of, and funding from the Saskatchewan Alcohol and Drug Abuse Commission (SADAC).

For program information:

Contact: Debbie Pearce (306) 779-4899
Certificate in Alcohol and
Chemical Dependency Studies
University of Regina, Extension
Room 202, College Building
College Avenue and Scarth Street
Regina, Saskatchewan
S4S 0A2

Chemical Dependency Worker Program, SIAST

This two year program is designed for new students and more experienced addiction workers who may wish to specialize in the addictions field. This is a competency based program which provides students with a chance to master the knowledge and skills they will need to work in a wide range of occupations in the addictions field.

The program is composed of competency based modules which allow students to work at their own pace, to concentrate on areas where they need skill-building, to combine studies with work, or to train on the job.

For program information:

Contact: SIAST (306) 953-2494
Woodland Campus
1100 - 15th Street E.
Box 3003
Prince Albert, Saskatchewan
S6V 6G1
Toll Free: 1- 800-667-9664

SADAC Programs

Drug Awareness Week – November 19-24, 1990

Drug Awareness Week is an annual provincial and national event designed to stimulate and increase public awareness of alcohol and other drug issues. Held in November of each year, with a main focus on community participation, Drug Awareness Week activities include: provincial displays and presentations, workshops, film/video and library displays.

Communities have held breakfasts, lunchbox information series, chemical free dances, alternative lifestyles activities (family swims, etc.) and many other innovative and exciting drug awareness activities.

Community Committees work with the SADAC Regional Offices in developing and organizing Drug Awareness Week activities. To find out more about the program and to volunteer community assistance, contact the SADAC Regional Office nearest you (listed on pages 15 and 16).

Awards for Chemical Free Graduations

For the past three years, the Saskatchewan Alcohol and Drug Abuse Commission has awarded plaques to graduating classes holding chemical free graduations. Each year, the number of classes choosing chemical free celebrations has increased, from 14 the first year to 67 in 1990.

If the 1991 grade 12 class in your school decides to hold a drug free celebration, notify SADAC to receive your award. SADAC may also be able to put you in contact with schools who have held dry graduations.

Contact: SADAC
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7
(306) 787-4079

SADAC Programs

SADAC Resource Centre

The SADAC Resource Centre houses the province's main collection of books, reports and periodicals on alcohol and drug addiction. The books and reports can be borrowed at no charge and a photocopier is available to reprint periodical articles. The Centre also has a large supply of pamphlets, posters and Fast Fact Sheets. These can also be supplied in limited quantities at no charge.

The staff periodically prepares bibliographies on specific topics of the library holdings and can conduct computer searches for detailed information. Also available at the Resource Centre are directories, telephone numbers and addresses of SADAC's offices, funded agencies and treatment centres as well as brochures of SADAC's training courses.

The Resource Centre is open to the public most weekdays, Monday to Friday, 8:30 a.m. to 4:30 p.m.

Contact: SADAC Library (306) 787-4085
1942 Hamilton Street
Regina, Saskatchewan
S4P 3V7

SADAC Video Service

In recent years SADAC has responded to the increasing popularity of film (16 mm) and video (VHS) resources. The Resource Centre has 125 video titles on a wide variety of topics such as relapse prevention, children of alcoholics, fetal alcohol syndrome and teenage peer pressure. Videos can be borrowed free of charge for a two-week loan period.

VIDEO

SADAC holds educational video duplication rights to 40 video titles. To obtain your own copy send a blank video tape and $1.00 service fee to:

Media House Productions Inc. (306) 359-0977
Tape Duplication Service
1174 Winnipeg Street
Regina, Saskatchewan
S4J 1J6

FILM (16 mm)

SADAC has a film collection of over 80 titles which may be borrowed from:

Dial-A-Film 1-800-667-7547
1174 Winnipeg Street (Toll Free)
Regina, Saskatchewan or
S4R 1J6 (306) 359-0977
in Regina

To obtain a catalogue of these films and/or videos, contact SADAC Resource Centre.

Other Programs and Services

Saskatchewan Education

The Division III Health Curriculum

The Division III health curriculum has many units which pertain to preventing alcohol and drug problems. Teachers are able to choose from 50 units based on their students' needs and interests. Examples of modules which relate to alcohol and other drug problems are:

Unit 4.2 Values, Personal Standards
Unit 5.1 Abstaining or Using Alcohol Responsibly
Unit 5.2 Promoting a Generation of Non-Smokers
Unit 5.3 Saying No to Drugs and Substances, Misuse and Abuse
Unit 6.4 Controlling Use of Alcohol and Drugs for Safety's Sake
Unit 9.0 Confronting Realities of Adolescence
Unit 9.5 Breaking the Cycle of Family Violence
Unit 9.6 Obtaining Help with Alcohol/Drug Related Problems

Contact: Barry Eidsness , Director (306) 787-6010
Health Education and Community Education
Saskatchewan Education
2220 College Avenue
Regina, Saskatchewan
S4P 3V7

Chemical Free Celebrations Program

Saskatchewan Education sponsors a Chemical Free Celebrations Conference in early winter to assist schools in planning for events such as Chemical Free Graduations. Last year, topics included legal issues, civil liability, and planning chemical free events. Schools who had had successful dry celebrations talked about their event and answered questions from conference participants. For more information contact Charlie Swift, Saskatchewan Education, at 787-0498.

Alcohol and Drug Abuse Consultant

Saskatchewan Education has an alcohol and drug Liaison Officer who responds to school and community group requests for presentations and workshops.

The consultant targets grade 6-12 students who are still in school, as well as parents. Topics include awareness, program options, self-help approaches, treatment and addicted youth, and ideas for preventing dependency.

Contact: Val Anderson (306) 787-6068
Saskatchewan Education
2220 College Avenue
Regina, Saskatchewan
S4P 3V7

The Driver Education Program

Saskatchewan's Education Act requires all school boards to offer this program to eligible students. This ensures that every student will have the opportunity to gain the knowledge and skills necessary to operate a motor vehicle safely. Students are taught the theoretical and practical aspects of human, mechanical and road factors regarding vehicle control and stopping forces.

Special emphasis is placed on topics leading to an understanding of the effects of alcohol and other drugs on driving.

Contact: Gordon McGregor (306) 787-6050
Saskatchewan Education
2220 College Avenue
Regina, Saskatchewan
S4P 3V7

Other Programs and Services

Saskatchewan Health

Community Health Services

Operating across the province in 10 health regions, Community Health – Prevention Services Branch aims to maintain and improve health by providing the family with education, counselling and intervention services from a variety of health professionals. These include public health nurses, public health inspectors, nutritionists, early childhood psychologists, speech and language pathologists, dental health educators and medical health officers.

Health professionals in the Branch interact with families, adults, adolescents and children at schools, child health centers, regional offices, and in the home. If necessary, clients can be referred to other counselling, assessment and intervention services.

Health professionals in Community Health – Prevention Services Branch provide health education and health promotion on a wide variety of topics including prevention of health risks, AIDS and other communicable diseases, nutrition, dental health and safety.

For further information about services available in your area, contact the regional offices directly (sub-offices noted):

Swift Current Regional Office (306) 778-8346
(Leader, Maple Creek, Shaunavon)
350 Cheadle Street West No. 27
Swift Current, S9H 4G3

Moose Jaw Regional Office (306) 694-3670
(Assiniboia, Central Butte, Gravelbourg, Morse)
110 Ominica Street West
Moose Jaw, S6H 6V2

Weyburn Regional Office (306) 848-2318
(Carlyle, Estevan, Oxbow, Radville, Redvers)
110 Souris Avenue, Weyburn, S4H 2Z9

Regina Rural Regional Office (306) 787-3169
(Fort Qu'Appelle, Grenfell, Indian Head, Kipling, Moosomin, Strasbourg)
South Albert Plaza, 4211 Albert Street
Regina, S4P 3V7

North Battleford Regional Office (306) 446-7525
(Lloydminster, Meadow Lake, Unity)
Room 204, 1146 - 102nd Street
North Battleford, S9A 1E9

Rosetown Regional Office (306) 882-2633
122 - 2nd Avenue West, Box 1300
Rosetown, S0L 2V0

Saskatoon Rural Regional Office (306) 933-5668
(Davidson, Lanigan, Watrous)
122 - 3rd Avenue North, Sturdy Stone Centre
Saskatoon, S7K 2H6

Yorkton Regional Office (306) 786-1600
(Canora, Esterhazy, Foam Lake, Kamsack, Melville, Norquay, Preeceville, Theodore)
72 Smith Street East, Yorkton, S3N 2Y4

Melfort Regional Office (306) 752-6200
(Humboldt, Hudson Bay, Nipawin, Tisdale, Wadena)
Box 6500, Melfort, S0E 1A0

Prince Albert Regional Office (306) 953-2245
(Big River, Rosthern, Shellbrook, Wakaw, Spiritwood)
800 Central Avenue, Box 3003
Prince Albert, S6V 6G1

Other Programs and Services

Saskatchewan Health

Everyone Wins

Everyone Wins is a health promotion program developed by Saskatchewan Health to help you choose and follow healthy living practices. The *Everyone Wins* Program focuses on healthy choices that you can make in the areas of nutrition, physical fitness, stress, accident prevention, alcohol and drug abuse, smoking and communicable diseases.

A community resource package is now available to assist individuals and groups in assessing personal lifestyle and community needs. The kit includes health promotion project ideas, helpful hints on how to get started, planning steps, and how to tell if your project is a success.

Non-profit organizations, service clubs, and municipal governments may apply for *Everyone Wins* grants up to $1,000 per group. Health promotional activities must be new and address one or more of the seven *Everyone Wins* health issues. To obtain application forms and guidelines contact your local health office or the Health Promotion Branch of Saskatchewan Health.

Contact: Your Local Public Health Office

or

Health Promotion Branch
Saskatchewan Health
3475 Albert Street
Regina, Saskatchewan
S4S 6X6

1-800-667-7766
(Toll Free)
or 787-3084

Lions Quest

Lions Clubs International, in cooperation with Quest International, supports and promotes two programs aimed at reducing alcohol and other drug problems among youth.

Skills For Adolescence

Skills for Adolescence is a comprehensive program for grades 6-9 which focuses on building positive life skills, communication skills, decision-making skills, goal setting skills and responding to peer pressure. An integral part of the program is parent involvement.

Skills for Growing

Skills for Growing is a comprehensive program for grades K-5 that brings together parents, educators and community leaders. It teaches basic life skills and fosters positive behaviours within a caring and supportive environment.

Contact: Ron Walker
Provincial Coordinator
Quest International
1729 Prince of Wales Avenue
Saskatoon, Saskatchewan
S7K 3E6

(306) 975-2863

Other Programs and Services

PRIDE (Parent Resources Institute for Drug Education)

PRIDE Canada Inc.

As a private non-profit organization, PRIDE's goal is to create a drug-free nation for the next generation. The challenge is to implement a national program to disseminate accurate health information about drugs and unite parents and community leaders throughout Canada to work together to create a drug-free environment for young people.

PRIDE sponsors an annual Parent and Youth Conference which brings parents, young people, and interested individuals into contact with top national and international scientists, physicians, and policy makers who deal with adolescent drug abuse. PRIDE offers a toll-free line; is establishing a national resource centre; provides speakers for communities across Canada; and sponsors one day conferences for community organizers, training them in workshop organization for parent education.

Contact: Eloise Opheim
PRIDE Canada Inc.
Ste. 111, College of Pharmacy
University of Saskatchewan
Saskatoon, Saskatchewan
S7N 0W1

1-800-667-3747
(Toll Free) or
(306) 343-1100

PRIDE Community Adult and Youth Groups

Local branches of PRIDE have been formed to raise the level of community awareness of drug and alcohol related problems in youth. They provide information and support for parents and children who encounter drug and alcohol related problems in their area. They plan and implement strategies to provide alternatives to drug and alcohol use and to encourage the use of such alternatives.

Contact: PRIDE Saskatoon Inc.
P.O. Box 1501
Saskatoon, Saskatchewan
S7K 3R3

(306) 955-6262
(24 hr. crisis line)

PRIDE Regina Inc.
P.O. Box 6686
Regina, Saskatchewan
S4S 7E6

(306) 525-2100
(24 hr. crisis line)

For further information on local PRIDE community adult and youth groups contact PRIDE Canada Inc.

Other Programs and Services

Peer Counselling Association

The purpose of the Peer Counselling Association in Saskatchewan is to assist people who want to get a peer counselling program started in their school and to provide further training for those who have a program. The Peer Counselling Association has monthly meetings and an annual spring conference. The conference is divided into two areas:

- Information on what peer counselling is
- Further training of students and teachers involved in a program.

Contact:

Harvey Burns, President (306) 332-4530
Peer Counselling Association
Box 880
Fort Qu'Appelle, Saskatchewan
S0G 1S0

Kal Newell, Vice President (306) 525-5730
Cochrane High School
1069 East 14th Avenue
Regina, Saskatchewan
S4T 0B8

Other Programs and Services

POLICE

RCMP

All RCMP detachments have an alcohol and drug liaison officer who will do presentations in the community and in schools.

Police officers invited to classrooms may use lessons from the PACE Program (Police Assisting Community Education). This program includes lessons designed to be presented to students in grades 5 through 9 on the following topics: Legal Information, You and the Group, Myths and Reality, and Alternatives.

The Canadian Association of Chiefs of Police have provided three additional resources for police officers. They are:

- the "Kids and Cops Drug Education Presentation Plans for Grade Six", a booklet containing plans for presentations on five topics: Drugs, Risks and Consequences, Influences on Decisions, Drug Use and Alternatives, Saying No to Drugs, and Rules and Laws
- The C.O.D.E. (Canadian Offensive for Drug Education) video tapes – Mr. Finlay's Pharmacy (Grades 2-4), Choose (Grades 5-6), and Open Flame (Grades 7-9)
- Cartoon All-Stars to the Rescue, a 30 minute anti-substance abuse video for five to eleven year olds. This program, starring a cast of familiar cartoon favorites, was originally broadcast during Saturday morning cartoons on television.

Contact: Your Local RCMP Detachment

or Sgt. T. E. (Terry) Elliott (306) 780-7499
"F" Division Drug Awareness Co-ordinator
6101 Dewdney Avenue, Regina
S4P 3K7

Municipal Police

The six urban municipal police forces in Saskatchewan are:

Regina	Regina Police Service 1717 Osler Street P. O. Box 196 Regina, SK S4P 2Z8	569-3333
Saskatoon	Saskatoon City Police 130 - 4th Avenue North P. O. Box 1728 Saskatoon, SK S7K 3R6	975-8300
Moose Jaw	Moose Jaw Police Service 21 Fairford Street West P. O. Box 1175 Moose Jaw, SK S6H 4P9	693-7722
Prince Albert	Prince Albert City Police 45 - 15th Street West Prince Albert, SK S6V 3P4	922-4441
Estevan	Estevan City Police 301 - 11th Avenue Estevan, SK S4A 1C7	634-4767
Weyburn	Weyburn Police Service 400 Coteau Avenue N.E. P. O. Box 776 Weyburn, SK S4H 2K8	842-5459

Other Programs and Services

SADD (Students Against Drinking and Driving)

SADD is a program of the Saskatchewan Safety Council based on the premise that young people themselves are best equipped to solve their own problems. The focus of SADD is on preventing drinking and driving crashes because they are the leading cause of death and injury among Canadian youth. However, the SADD program and philosophy can be applied to a wide variety of problems experienced by youth including drug and alcohol abuse, relationships with parents, and peer pressure.

SADD is based firmly on the concept of student leadership and control of activities. There are over 100 SADD chapters in Saskatchewan and the number grows annually. The provincial SADD organization sponsors an annual provincial youth conference, a newsletter, speakers tours and regional conferences, scholarships and awards, as well as a wide variety of special promotions.

SADD has both individual and school membership programs. A membership information package can be obtained by contacting:

Contact: Mike Fedyk (306) 757-3197
Program Coordinator
Students Against Drinking and Driving
Saskatchewan Safety Council
140 - 4th Avenue E.
Regina, Saskatchewan
S4N 4Z4

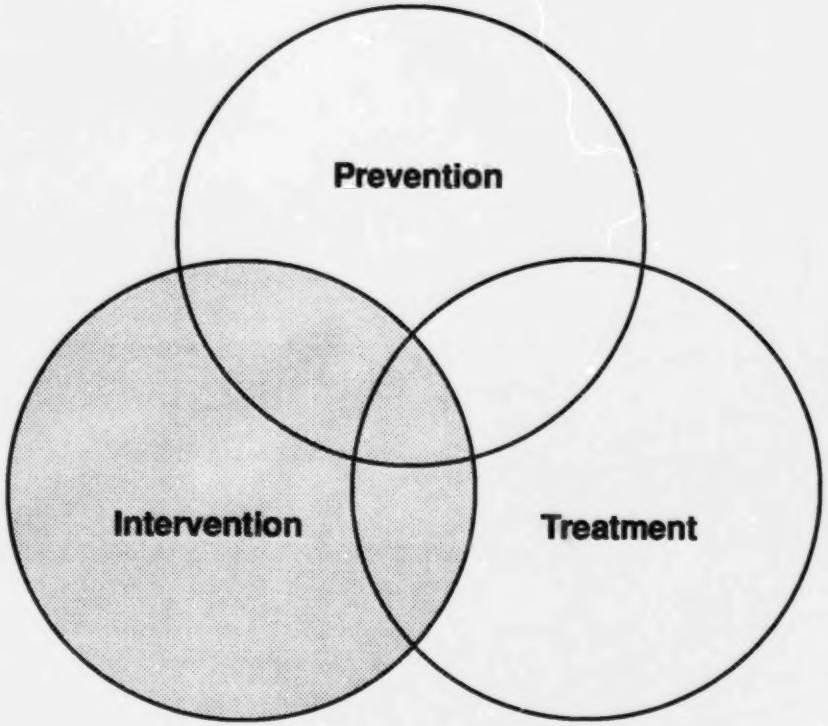
Youth for Youth

Youth for Youth is an elementary school peer support program in the Saskatoon Catholic School System. It develops "helping skills" in grade six to eight students. Twenty-five students in each school are selected by their peers and teachers. Training is done on a Friday evening and Saturday. High School Peer Support members participate in the training of elementary students. When the students get back to the school, they have weekly meetings. They organize and plan activities for their school. The students must make a commitment to lead a drug-free life while in the Youth for Youth program and provide good role models to their peers.

An extension of the Youth for Youth program is the TANSI program (Teen Age Native Student Initiatives). Its focus is similar to the Youth for Youth program but is designed for Native students.

Contact: Carmen Bussiere (306) 934-4342
or Brendon Bitz
St. Paul's RCSSD No. 20
420 - 22nd Street E.
Saskatoon, Saskatchewan
S7K 1X3

Intervention



INTERVENTION

WHAT TO DO IF YOU BELIEVE A CHILD HAS A PROBLEM WITH ALCOHOL OR OTHER DRUGS ...

If you think a child has a problem with alcohol or other drugs, there are people in your community who can help you.

An assessment can be done by your SADAC Youth and Family Services Coordinator or Regional Coordinator. Depending on the results of the assessment, these people will recommend your next step.

If you have a crisis situation, phone Narcotics Anonymous (NA) or Alcoholics Anonymous (AA) in your area at any time, day or night. Assistance will be provided for you as soon as possible.

The regional offices and numbers throughout the province are all listed in this section of the directory.

Being prepared can save you precious time in the event of an emergency.

SADAC Regional Services

SADAC Regional Services

SADAC Regional Services are organized into three divisions: north, central and south. Counselling, treatment and follow-up services are offered to alcohol and chemically dependent persons and their families.

Regional Services develops and promotes community awareness and education programs for schools, public information groups and other community organizations.

Fifteen Regional Coordinators within the three divisions support and assist area residents with the development of community-based programs and services. Many regional offices also have a Youth and Family Services Coordinator who is responsible for counselling and follow-up services to adolescents and their families.

Services provided by regional offices may include individual or group counselling, educational sessions, or referral to community-based self help groups.

North

John Kreiser, Director (306) 425-4362
Box 5000 FAX 425-3093
La Ronge, S0J 1L0

Regional Offices

Buffalo Narrows (306) 235-4482
Box 70, S0M 2J0
Jack Bear, Regional Coordinator

Creighton (306) 688-7095
1st Street E, Box 10, S0P 0A0
Vacant, Regional Coordinator

La Loche (306) 822-2211
Box 70, S0M 1G0
Armand Bekkattla, Regional Coordinator

La Ronge (306) 425-4546
La Ronge Avenue FAX 425-3093
P. O. Box 5000, S0J 1L0
Linda Johnson, Regional Coordinator

Meadow Lake (306) 236-7526
201 - 2nd St. W.
Box 1000, S0M 1V0
Jim Daigneault, Regional Coordinator

SADAC Regional Services

SADAC Regional Services
(Continued)

Central

Lynn Tait, Director (306) 933-5860
503 - 224 - 4th Avenue S. FAX 933-7450
Saskatoon, S7K 2H6

Regional Offices

Melfort (306) 752-5115
Union Hospital
317 Benester St. W.,
Box 2390, S0E 1A0
Floyd Halcro, Regional Coordinator
Gerri Madill, Youth & Family Serv. Coord.

North Battleford (306) 446-7414
321 Provincial Building
1146 - 102nd Street, S9A 1E9
Glenn Allan, Regional Coordinator

Prince Albert (306) 953-2830
Box 3003, 800 Central Avenue, S6V 6G1
Dick Lewis, Regional Coordinator

Rosetown (306) 882-2027
Provincial Building
122 - 2nd Avenue W.
Box 1746, S0L 2V0
Derek Smith, Regional Coordinator

Saskatoon (306) 933-5851
503 Canterbury Towers FAX 933-7450
224-4th Avenue South, S7K 2H6
Michael Woods, Regional Coordinator
Rick Kuckartz, Youth & Family Serv. Coord.
Jan Frayling, Youth & Family Serv. Coord.

South

Lyell Armitage, Director (306) 787-4620
2140 Hamilton Street FAX 787-5009
Regina, S4P 3V7

Regional Offices

Moose Jaw (306) 694-3713
28 - 110 Ominica Street West, S6H 6V2
Sharon Erickson, Regional Coordinator

Regina (306) 787-4622
2140 Hamilton Street FAX 787-5009
Regina, S4P 3V7
Roger Ives, Regional Coordinator
Don Fitzsimmons, Youth & Family Serv. Coord.
Bill Sutherland, Youth & Family Serv. Coord.

Swift Current (306) 778-8282
350 Cheadle Street West FAX 778-8535
Swift Current, S9H 4G3
Kevin Hanna, Youth & Family Serv. Coord.

Weyburn (306) 848-2304
110 Souris Avenue N.E.
Box 2003, S4H 2Z9
Burnell Lutz, Regional Coordinator

Yorkton (306) 786-1420
120 Smith Street East
Broadcast Place, S3N 3V3
Will Woods, Regional Coordinator

SADAC Programs and Services

Saskatchewan Native Alcohol Council Corporation (SNACC)

The Saskatchewan Native Alcohol Council Corporation (SNACC) operates a community service program throughout the province. Six field educators concentrate their efforts in the areas of communication, education, prevention, follow-up, intervention and referral.

In addition, five youth workers offer similar services with a focus on young persons and families.

Main Office (306) 522-3681

Executive Director
Joyce Racette
329 College Avenue E.
Regina, S4N 0V9

Field Education (306) 522-3681
Program Director
329 College Avenue E.
Regina, S4N 0V9

Field Educators

Don Favel (306) 833-2430
Ile a La Cross

Eldon Lafontaine (306) 332-4598
Fort Qu'Appelle

Myles Arcand (306) 445-2167
North Battleford

William Melenchuk (306) 749-3154
Birch Hills

Cyril Roy (306) 888-2155
Cumberland House

Youth Outpatient and Education Services

Provincial Youth Coordinator (306) 522-3681
329 College Avenue E.
Regina, S4N 0V9

Emile Herman (306) 822-2227
Youth Counsellor
P. O. Box 310
La Loche, S0M 1G0

Tina LaRose (306) 522-3681
Youth Worker
329 College Avenue
Regina, S4N 0V9

Linda McKenzie (306) 888-2090
Youth Counsellor
P.O. Box 167
Cumberland House, S0E 0S0

Dwayne Gaudry (306) 922-7055
Youth Worker
Rm. 106, 1322 Central Avenue
Prince Albert, S6V 4W3

Other Programs and Services

Mental Health Services, Saskatchewan Health

One of the objectives of the Mental Health Services Branch is to provide services to children and youth which enhance the mental health of both the child and the family.

Organized into eight mental health regions each region has child and youth services provided by multidisciplinary teams which are coordinated by a Child and Youth Director/Coordinator. These teams, including psychiatrists, psychologists and social workers, use a wide range of individual, family and group work methods to assess and treat children and teenagers experiencing mental, behavioural, developmental and emotional problems. Specialized clinics in Regina and Saskatoon serve as major referral centres. The Branch also provides mental health assessment and consultation services to young offenders under the Young Offenders Act.

Mental Health Services Branch
(Central Office) 3475 Albert Street
Regina, S4S 6X6

Contacts:

Colm McConville (306) 787-3298
Director of Child and Youth Services

Regina Child and Youth Services (306) 787-3400
1601 College Avenue
Regina, S4P 1B8

Contacts:

Laura Carment
Regional Director of Child and Youth Services

Lorri Carlson
Program Coordinator, Young Offender Services

Saskatoon MacNeill Clinic (306) 933-5800
912 Idylwyld Drive
Saskatoon, S7L 0Z6

Contacts:

Dr. Tim Greenough, Regional Director of Child and Youth Services

Gary Bridge, Regional Program Consultant, Young Offender Services

Weyburn Child and Youth Services (306) 848-2305
110 Souris Avenue North East
Weyburn, S4H 0C3

Contact:

Dr. Alex Weinberger, Regional Coordinator of Child and Youth Services

Swift Current Mental Health Clinic (306) 778-8366
350 Cheadle Street West
Swift Current, S9H 4G3

Contact:

Ian McAusland-Berg, Regional Coordinator of Child and Youth Services

Battleforda Mental Health Centre (306) 446-7600
Box 39, North Battleford, S9A 2X8

Contacts:

Brian Jonason, Regional Coordinator of Child and Youth Services

Doug Garlick, Psychologist
Young Offender Services

Moose Jaw Mental Health Centre (306) 694-3750
Union Hospital, Moose Jaw, S6H 1H3

Contact:

Ann Kuo, Regional Coordinator of Child and Youth Services

Yorkton Mental Health Centre (306) 786-1558
Union Hospital, Yorkton, S3N 2K6

Contact:

Dr. Deborah Parker-Loewen, Regional Coordinator of Child and Youth Services

Prince Albert Mental Health Centre (306) 953-3855
Victoria Union Hospital
Prince Albert, S6V 6G1

Contact:

Dr. Barry Young, Regional Coordinator of Child and Youth Services

Other Programs and Services

Mental Health Services, Saskatchewan Health (Continued)

Northern Health Services Branch

Brenda Green (306) 324-4569
Director Mental Health Services
Box 5000, La Ronge, S0J 1L0

La Ronge Public Health Clinic 1-800-772-49069
(covering La Ronge, north Toll Free
and south-central areas)
Box 5000
La Ronge, S0J 1L0

Contact:

Karyn Manz (306) 425-4559
Community Mental Health Nurse

Gerald Dunning (306) 425-4573
Mental Health Social Worker

Buffalo Narrows Health Centre
(covering west side communities)
Box 40, Buffalo Narrows, S0M 0J0

Contact:

Glenna Olenick (306) 235-4440
Community Mental Health Nurse

Creighton Public Health Clinic
(covering east side communities)
Box 219, Creighton, S0P 0A0

Contact:

Gordon Hill (306) 688-3481
Community Mental Health Nurse

Saskatchewan Education

The Driving Without Impairment Program

The Driving Without Impairment (D.W.I.) Program is a cooperative effort between Saskatchewan Education, S.G.I. and local community organizations. It is an educational program specially designed to address the serious problems related to drinking and driving.

The 16 hour course consists of films, resource speakers and group discussion. The course is conducted in many communities throughout the province by qualified instructors who are members of local community groups.

One of the requirements for early reinstatement of your driver's license is that you must attend and successfully complete a local D.W.I. Course.

For further information:

Contact: Gordon McGregor (306) 787-6050
Saskatchewan Education
2220 College Avenue
Regina, Saskatchewan
S4P 3V7

Other Programs and Services

Saskatchewan Social Services

Child abuse...battering...neglect

In its broadest sense, child abuse, battering and neglect mean physical or emotional injury, including sexual assault, negligent treatment or maltreatment of a child by the person(s) caring for or responsible for the child's health and welfare.

Saskatchewan has a mandatory reporting requirement within the child welfare legislation with protection for the informant, provided the information is given without malicious intent.

What can schools do?

Many incidents of abuse and neglect occur among school-aged children. Therefore, school officials are in a unique position to detect potential and actual child abuse or neglect. Educators can promote an awareness of the problem among school personnel by offering workshops as part of professional development.

Social Services Offices

Northwest Region

Meadow Lake *	(306) 236-7500
North Battleford	(306) 446-7705
Lloydminster	
4817 - 50th Street	(306) 825-3079
Buffalo Narrows	(306) 235-4312
La Loche	(306) 822-2238

Southwest Region

Moose Jaw *	
60 Fairford Street West	(306) 694-3647
Kindersley	(306) 463-2033
Rosetown	(306) 882-4442
Swift Current	
350 Cheadle St. W.	(306) 778-8219

Saskatoon Region

Saskatoon *	
122 - 3rd Avenue North	(306) 933-5960
145 - 1st Avenue North	(306) 933-6283

Northeast Region

Prince Albert *	
101 - 15th Street East	(306) 953-2345
La Ronge	(306) 425-4544
Creighton	(306) 688-3487
Melfort	
107 Crawford Street East	(306) 752-6100
Nipawin	(306) 862-1700

Southeast Region

Yorkton *	
72 Smith Street	(306) 786-1300
Estevan	
1219 - 5th Street	(306)634-0730
Weyburn	
110 Souris Ave. NE	(306) 848-2404
Fort Qu'Appelle	(306) 332-6281
Humboldt	(306) 682-2088
Melville	(306) 728-3777
Wynyard	(306) 554-2577

Regina Region

Regina *	
2240 Albert Street	(306) 787-3700
155 Albert Street N.	(306) 787-3531

* Main Regional Offices.

Other Programs and Services

Church-Based Programs

Organized religion plays an important role in the development and provision of social services within communities. Many religious or church based organizations offer individual, group and family counselling services to members as well as sponsoring community education and awareness programs. For further information on sectarian services contact your church or the ministerial association in your area.

Family Service Bureaus

Family Service Bureaus offer a wide range of counselling services to families and individuals to help clients make better use of the resources available to them. This year Family Catholic Services will be offering a program for children 6-12 who live in homes where alcohol is present. This 7 session program is designed to help children cope with alcoholic parents.

The Family Service Bureau of Regina is sponsoring a teen drama known as "Youth for Truth".

Family Service Bureau of Regina

Contact:

Steve Wernikowski (306) 757-6675
2020 Halifax Street
Regina, S4P 1T7

Saskatoon Family Service Bureau

Contact:

Delores Ebert (306) 244-0127
443 - 2nd Avenue N.
Saskatoon, S7K 2C1

Catholic Family Service Society of Regina

Contact:

David Sax (306) 525-0521
395 - 15th Avenue
Regina, S4N 0V1

Catholic Family Services of Saskatoon

Contact:

Isabelle McCrea (306) 244-7773
500 - 333 - 3rd Avenue N.
Saskatoon, S7K 2H9

Catholic Family Services of Prince Albert

Contact:

Sister Kaufman (306) 922-3202
Box 2888
77 - 11th Street West
Prince Albert, S6V 7M4

Other

Moose Jaw Family Life Education Centre (306) 694-8133
200 Main Street South
Moose Jaw, S6H 5S7

Swift Current Christian Counselling Centre

Contact:

Eugene Mau (306) 773-0614
325 - 12 Cheadle Street W.
Swift Current, S9H 0A9

Society for the Involvement of Good Neighbours (SIGN)

Contact:

Clay Serby (306) 783-9409
29 Livingstone Street
Yorkton, S3N 0R2

Other Programs and Services

Mobile Crisis

Mobile Crisis Services offers 24-hour crisis intervention in the following areas:

- Child Protection Services
- Emergency Financial Assistance
- Mental Health
- Counselling
- Substance Abuse
- Support to Agencies

It also offers crisis management services in case management intervention to provide a community rehabilitation program for individuals with chronic psychological and social disabilities.

Regina

Mobile Crisis Services Inc. 1109 - 11th Avenue (Regina)	(306) 757-0127 (306) 757-0128
Child Abuse Line (Regina)	(306) 569-2724
Crisis Line (Regina)	(306) 525-5333
Crisis Management Service 1117 - 11th Avenue (Regina)	(306) 787-9138

Prince Albert (306) 764-0139
(8 a.m. - 5 p.m.)
(306) 764-1011
(5 p.m. - 8 a.m.)

Saskatoon

Saskatoon Crisis Intervention Service	(306) 933-6200 or 933-6201
Crisis Management Line	(306) 933-8234

Rainbow Youth Centre

Rainbow Youth Centre offers a range of preventive educational, counselling and alternative programs for Regina youth in the area of substance abuse. These programs are available for any youth who may be experiencing difficulties due to family or peer drug and alcohol problems. Rainbow Youth Centre is not a treatment centre. It can act as a referral service and provides considerable support services for youth who have been in treatment.

Contact:

Substance Abuse Counsellor (306) 757-9743
1806 Albert Street
Regina, S4P 2G8

Other Programs and Services

SELF-HELP GROUPS

For this directory's purpose, self-help groups are defined as voluntary associations organized by people who share a common problem or life situation. Members meet on a regular basis to provide mutual support, gain understanding, share information and sometimes work for social change.

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who meet to share their experience, strength and hope with one another in order that they may solve their common problem and help those who still suffer to recover from alcoholism.

Regina Central Office (306) 352-7500
232 - 406 Broad Street
Regina, S4R 1X3

Saskatoon Central Office (306) 665-6727
311 - 220 - 3rd Avenue S.
Saskatoon, S7K 1M1

Al-Anon Family Groups

Dedicated to the concept that alcoholism is a family illness, Al-Anon offers fellowship and support to people who are suffering because of the drinking of someone they love. Al-Anon family groups include:

Al-Anon

Al-Anon is a self-help group for adult relatives and friends of alcoholics who share their experiences and offer comfort and hope in order to solve their common problems.

Alateen and Alateen PATS

Alateen is a self-help group for adolescent children, relatives and friends of alcoholics. Alateen members join together to try to solve common problems and to develop an understanding of alcoholism and the alcoholic family system. Alateen PATS is open to all pre-adolescent children of alcoholics.

Al-Anon/Alateen (306) 522-7500
Information Service
#11 - 2425 - 13th Ave., Regina, S4P 0W1

Al-Anon Family Services (306) 665-3638
6th Floor, Bessborough Hotel
602 Spadina Cr., Saskatoon, S7K 3G8

Adult Children of Alcoholics

Adult Children of Alcoholics groups offer fellowship and information to adults who grew up in a home affected by alcoholism or other dysfunctional home environments. For further information on these groups

Contact:

Dee Shineke (306) 543-7309
128 Oakview Drive, Regina

Marcy Sander (306) 242-0494
323 - 6th Avenue N., Saskatoon

Narcotics Anonymous

Narcotics Anonymous is a self-help group open to anyone with a desire to stop using drugs. The aim of the group is to help each other recover from drug addiction through fellowship and a spiritual program.

Regina Narcotics (306) 757-6800
Anonymous Central Office
3304 Dewdney Avenue, Box 3563
Regina, S4P 3L7

Families Anonymous

Families Anonymous is a group of concerned relatives and friends who admit that the problems of someone close to them is seriously affecting their lives. Through mutual support and discussion, the family can come to see their part in the rehabilitation of the person in trouble.

Contact:

Regina (306) 757-0107

Saskatoon (306) 374-5454

There are no dues or fees for membership in these self help groups. Groups are located in many communities. For the location in your area contact one of these telephone numbers or check your local telephone directory.

Other Programs and Services

University Hospital, Youth Services Program

Youth Services is a program of the Department of Psychiatry, University Hospital, Saskatoon. It was developed with the support of health, education and social service programs serving youth.

The Youth Services Program (Y.S.P.) provides a variety of integrated services to the 12-20 year age group in a community setting from three locations in addition to the in-patient service at University Hospital.

Program goals:

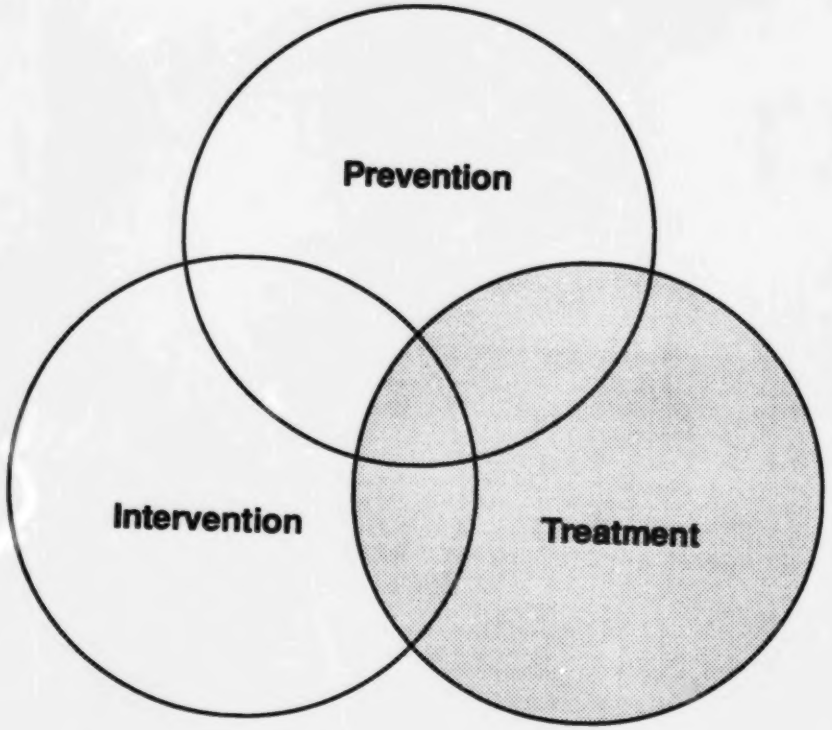
- To provide assessment and treatment programs for adolescents;
- To provide a comprehensive closely integrated program;
- To promote, support and collaborate closely with community services to youth;
- To provide educational resources to professionals;
- To study needs and problems of youth.

Young people from Saskatoon and region may use any of the services without charge and come at their own or their family's request or by referral.

Contact:

Youth Services Program (306) 966-2627
University Hospital
311 - 20th Street E., Saskatoon

Treatment



Treatment

When someone has a serious problem with alcohol or other drugs, a variety of treatment options are available.

"Treatment" refers to a plan of assistance, to enable the person to break away from their dependence on alcohol or other drugs.

The first step in treatment is assessment. It is the role of the assessment counsellor to determine the seriousness of the problem, and match the person's needs with the most effective type of treatment.

For example, the needs of a young person entering treatment are often considerably different from those of an adult, and programming must reflect these situations and needs. As a result, many treatment facilities offer programming geared specifically towards youth.

The type of program also varies, depending on the severity of the situation. For many, the most effective approach will be out-patient treatment, and usually includes family and other support groups. Others may require intensive, in-patient treatment for their chemical dependency, either in a hospital or a treatment centre.

There is no one treatment program that is "best" for everyone; the best approach to treatment is matching the person with a program which will be most effective in assisting them in recovery.

In Saskatchewan, a number of organizations and agencies provide a range of treatment services. Some facilities are operated directly by SADAC, while others are funded by SADAC.

Regional SADAC staff can provide you with valuable assistance and information in obtaining help for an individual in need.

SADAC Programs and Services

Out-Patient Services

Out-patient services provide assessment, treatment planning, one-to-one counselling and group and family therapy to people who are experiencing difficulties in any area of their lives because of their own or another's alcohol or drug abuse. Most centres also conduct education and information programs for schools, public information groups and other community organizations.

Buffalo Narrows (306) 235-4643
Kyenaw Out-Patient Centre
Box 460, S0M 0J0
Contact: Linda Peterson, Director

Creighton (306) 688-8291
CADAC Out-Patient Centre FAX 688-DRUG
430 Main Street, Box 760, S0P 0A0
Contact: Laurel Mackie

Cumberland House (306) 888-2155
Pine Island Out-Patient Centre
Box 218, S0E 0S0
Contact: Joseph Goulet, Director

Hudson Bay (306) 865-4211
Hudson Bay Assessment and
Referral Centre
Box 898, S0E 0Y0
Contact: Director

Humboldt (306) 682-3249
George Bailey Out-Patient Centre
934 - 7th Avenue West, Box 2764, S0K 2A0
Contact: Reg Ward, Director

Kindersley (306) 463-4464
Danny Fisher Centre FAX 463-4466
Box 1688, S0L 1S0
Contact: Mary Muir, Director

Kipling (306) 736-2363
Moose Mountain Alcohol & Drug
Rehab. Soc., Box 699, S0G 2S0
Contact: Jeannette Vandenberg, Director

Lloydminster (Alberta) (403) 875-8890
Walter A. "Slim" Thorpe Recovery Centre
4204 - 54th Avenue, T9V 2R6
Contact: W. D. (Bill) Hewitt, Director

La Loche (306) 822-2020
Clearwater Alcohol Rehabilitation
and Education Centre, Inc.
Box 98, S0M 1G0
Contact: Dennis Lemaigre, Director

La Ronge (306) 425-2882
Mitho Menoo Out-Patient Centre
(La Ronge Council on Alcohol & Drug
Education, Inc.)
Box 1185, S0J 1L0
Contact: Cindy Kuchirka, Director

Meadow Lake (306) 236-4408
Robert Simard Centre
(Northland Alcohol and Drug Society, Inc.)
Box 2617, S0M 1V0
Contact: Wilf Cardinal, Director

Melfort (306) 752-2811
North East Council on (Ext. 286)
Alcohol & Drug Abuse (NECADA)
Addictions Counselling Unit
Melfort Union Hospital, Box 1480, S0E 1A0
Contact: Rick Peters, Director

Melville (306) 728-2629
Saul Cohen Centre
Box 164, S0A 2P0
Contact: Don Beaton, Director

North Battleford (306) 446-6161
Battlefords Alcohol & Drug Abuse
Corporation (BADAC), Out-Patient Centre
1261 - 101 Street, Box 1595, S9A 3W1
Contact: Greg Brakstad, Director

Prince Albert* (306) 922-7055
Prince Albert Out-Patient Centre
SNACC, #100 - 1322 Central Ave., S6V 4W3
Contact: Director

Prince Albert (306) 763-2631
Prince Albert Council on Alcohol and
Drug Abuse (PACADA), Out-Patient Centre
1212 Central Avenue, S6V 4V8
Contact: Don Scott

Regina* (306) 522-4553
Crisis Intervention/Drop-In-Centre
329 College Avenue East, S4N 0V9
Contact: Doug Sinclair, Director

Regina (306) 787-4628
Regina Out-Patient Clinic FAX 787-5009
(SADAC)
2140 Hamilton Street, S4P 3V7
Contact: Jerry Fitzgerald, Manager

Sandy Bay (306) 754-2050
Sandy Bay Out-Patient (306) 754-2068
Clinic, Box 40, S0P 0G0
Contact: Kim McCloy, Director

SADAC Programs and Services

Out-Patient Services (Continued)

Saskatoon (306) 933-5867
Calder Out-Patient Clinic FAX 933-7450
(SADAC)
503 Canterbury Towers
224 - 4th Avenue ,South, S7K 2H6
Contact: Jean Dunlop, Coordinator

Swift Current (306) 773-0225
Palliser Alcohol & Drug Abuse Council
Box 1453, S9H 3X5
Contact: Neil Taylor, Director

Yorkton (306) 783-5777
Parkland Alcohol and
Drug Abuse Society, Inc
#035 - 41 Broadway Street West, S3N 0L6
Contact: Carol Horvath, Director

* *Saskatchewan Native Alcohol Council Corporation*

Detoxification

Before entering in-patient or out-patient programs, clients must be mentally and physically prepared in order to properly benefit from treatment. Detoxification or "detox" is a process to rid the body of harmful chemicals.

Kipling (306) 736-2363
Kipling Memorial Hospital
c/o Moose Mountain Rehab. Society
Box 699, S0G 2S0
(Funded under Saskatchewan Hospital Services Plan)

Lloydminster (Alberta) (403) 875-8890
Walter A. "Slim" Thorpe Recovery Centre
4204 - 54th Avenue, T9V 2R6
Contact: W. D. (Bill) Hewitt, Director

Moose Jaw (306) 693-5977
Angus Campbell Centre FAX 693-0908
Lakeview Service Road
Box 118, S6H 4N7
Contact: George Chalmers, Director

Regina (306) 522-5662
Detox Centre
2839 Victoria Avenue, S4T 1K6
Contact: Gwen McDougall, Director

Saskatoon (306) 244-1385
Larson Intervention House, Inc.
130 Avenue O South, S7M 2R5
Contact: William Logue, Director

SADAC Programs and Services

Residential Services

In-Patient

In-patient rehabilitation programs are usually 3 to 4 weeks in duration. These programs are available to persons suffering because of their alcohol or chemical abuse and who would benefit from in-patient treatment. The treatment program includes education, one-to-one counselling, group therapy and introduction to self help groups and twelve step programs. Spouses and other family members are invited to be part of the individual treatment programs in some of the treatment centres. (St. Joseph's Centre and Pine Lodge have a family week; St. Joseph's Centre has a weekly relapse prevention program, Calder Centre has a spousal program; Regina Centre has a couples rehabilitation program.)

Estevan (306) 634-3604
St. Joseph's Treatment Centre
1401 - 1st Street, S4A 0H3

Contact: Joan L'Heureux, Director

(Funded through Saskatchewan Hospital Services Plan)

Ile-a-La-Crosse (306) 833-2463
Northwest Alcohol and Drug Abuse Centre
Box 129, S0M 1C0

Contact: Martin Jacobson, Director

Indian Head (306) 695-2251
Pine Lodge Treatment Centre
Box 457, S0G 2K0

Contact: Roly Gatin, Director

Prince Albert* (306) 764-3409
Social Adjustment Centre
211 - 20th Street West, S6V 4T5

Contact: Brian D'Amour, Director

Regina* (306) 352-9601
Social Adjustment Centre
329 College Avenue East, S4N 0V9

Contact: Bernadette Amyotte, Director

Regina (306) 787-4624
Regina Rehabilitation Centre (SADAC)
2140 Hamilton Street, S4P 3V7
(Patients stay at Myers House)
2076 Scarth Street

Contact: Jerry Fitzgerald. Manager

St. Louis (306) 422-8533
St. Louis Alcoholism Rehabilitation Centre
(Impaired Driver Treatment Program)
Box 220, S0J 2C0

Contact: Linden Davis, Director

Saskatoon (306) 933-5840
Calder Rehabilitation Centre (SADAC) FAX 933-5504
2003 Arlington Avenue, S7K 2H6

Contact: Al Hergott, Manager

Saskatoon* (306) 652-8951
Social Adjustment Centre
419 Avenue E South, S7M 1S4

Contact: Bertha Ouellette, Director

Lloydminster (Alberta) (403) 875-8890
Walter A. "Slim" Thorpe Recovery Centre
4204 - 54th Avenue, T9V 2R6

Contact: W.D. (Bill) Hewitt, Director

** Saskatchewan Native Addictions Council Corporation (SNACC)*

SADAC Programs and Services

Halfway Houses

Halfway houses provide supportive living environments for people who are recovering, usually following a rehabilitation program. Formal programming varies with each facility but may include:

- discussions on family dynamics
- family roles
- breaking the inter-generation cycle of alcohol and drug abuse
- relapse prevention planning.
- The average length of stay is between 37 and 65 days.

North Battleford (306) 445-0666
Hopeview Recovery Home
1891 - 98th Street, S9A 0J1
Contact: Arnette Weber, Director

Regina (306) 522-5763
Recovery Manor
2825 Victoria Avenue, S4T 1K6
Contact: Bill Stephenson, Director

Saskatoon (306) 384-0777
Crysler Residence
323 Avenue R South, S7M 2Z2
Contact: Dennis McElligott

Marion Graham Collegiate Aftercare Program

This aftercare program is designed to help students who are returning to school from various treatment centres. Its aim is to assist students to achieve realistic expectations given a supportive and structured environment.

Components include:

- an academic program
- stabilization to facilitate reintegration
- leisure activities
- relapse prevention counselling
- family involvement

Marion Graham Collegiate
Aftercare Program (306) 242-7501
602 Lenore Drive
Saskatoon, Saskatchewan
S7K 6A6
Contact: Larry Larson

Whitespruce Youth Treatment Centre

The Whitespruce Youth Treatment Centre (which accepts youths aged 12-18 years) is the first of its kind in Canada.

The actual treatment program has been designed to incorporate a number of components including group therapy, individual therapy, spiritual therapy, lectures, 12 step programs such as NA/AA, physical exercise, education programming, family therapy, and re-entry/aftercare.

In total, the treatment program is expected to take an average of ten weeks, but given the program flexibility the stay of any client can vary considerably.

Family therapy is an important component of Whitespruce's treatment program because chemical dependency is viewed as a family illness. Whitespruce believes working with the family as a unit facilitates positive change and family unity. Family participation in the program occurs approximately four weeks into the youth's treatment. Family Week is held almost every week with a number of families participating.

Yorkton (306) 786-6225
Whitespruce Youth FAX 786-7833
Treatment Centre
Box 1411, S3N 3G3
Contact:
John Scholten, Director

Other Programs and Services

NNADAP - Health and Welfare Canada

The National Native Alcohol and Drug Abuse Program (NNADAP), was established in 1982 to deliver community-based and culturally appropriate abuse-prevention and treatment services to Indian and Inuit communities.

NNADAP's goal is to reduce unacceptable levels of abuse of alcohol, drugs and substances. It does this by providing financial and administrative support and assistance in program development. This support is available to new and established projects for abuse prevention and treatment centres.

NNADAP services are targeted towards on reserve status Indians and also the Inuit. Many NNADAP projects have given special consideration to the unique needs of Inuit and Indian women and youth. However, treatment programs and communications materials are available to non-status Metis and other Native Groups.

NNADAP activities include: community prevention programs, in-patient and out-patient treatment services, training of project workers in prevention and treatment; contributions for the construction of treatment facilities; and initiatives in research and development.

The NNADAP prevention projects offer the community a number of services including: individual and group counselling; in-school education programs; adult-oriented workshops; cultural reinforcement; referral services; video and print resource materials; development of educational curricula and community development strategies.

NNADAP's prevention services are being delivered to Indian and Inuit communities through community-based projects employing resident and visiting alcohol and drug workers.

Regina Regional Office (306) 780-7449
Health and Welfare Canada
Medical Services Branch
NNADAP
1855 Smith Street, Regina, S4P 2N5

Regional NNADAP Consultant: Bobbie McCloskey

Prince Albert Zone (306) 953-8600
Health and Welfare Canada
Medical Services Branch
Box 5000, Prince Albert, S6V 7V6

Project Officer: Bernice Thall

Meadow Lake Zone (306) 236-3399
Health and Welfare Canada
Medical Services Branch
Box 310, Meadow Lake, S0M 1V0

Project Officer: Peter McCallum

Fort Qu'Appelle Zone (306) 332-6277
Health and Welfare Canada
P.O. Box 220, Fort Qu'Appelle, S0G 1S0

Project Officer: Stuart Prosper

Out-Patient Treatment Centres

Athabasca Alcohol and
Drug Abuse Program (306) 439-2100
Stony Rapids, S0J 2R0

Edda Grant, Executive Director

In-Patient Treatment Centres

Battlefords Indian Health 445-7734
Centre and Alcohol and Drug (BIHC)
Abuse Program 937-2037
Box 250 (Centre)
North Battleford, S9A 2Y1

Janice Kennedy, Executive Director

Other Programs and Services

NNADAP – Health and Welfare Canada (Continued)

Cree Nation Treatment Haven 468-2072
Box 340, Canwood, S0J 0K0

Gordon Williams, A/Executive Director

Ekweskeet Rehab Centre 344-2094
Onion Lake, S0M 2E0 344-2380

Gordon Thunderchild, Executive Director

Kamsack Union Hospital 542-2635
Alcohol and Drug Treatment 236-3602
Program, Box 429
Kamsack, S0A 1S0

Judith Young, Administrative Director

Mistahey Musqua Treatment 837-2184
Centre, Meadow Lake Tribal 236-5654
Council, Box 1360
Meadow Lake, S0M 1V0

Marilyn Sinclair, Executive Director

New Dawn Valley Centre Inc. 332-5637
Box 188, Fort Qu'Appelle, S0G 1S0

Judie Birns, Executive Director

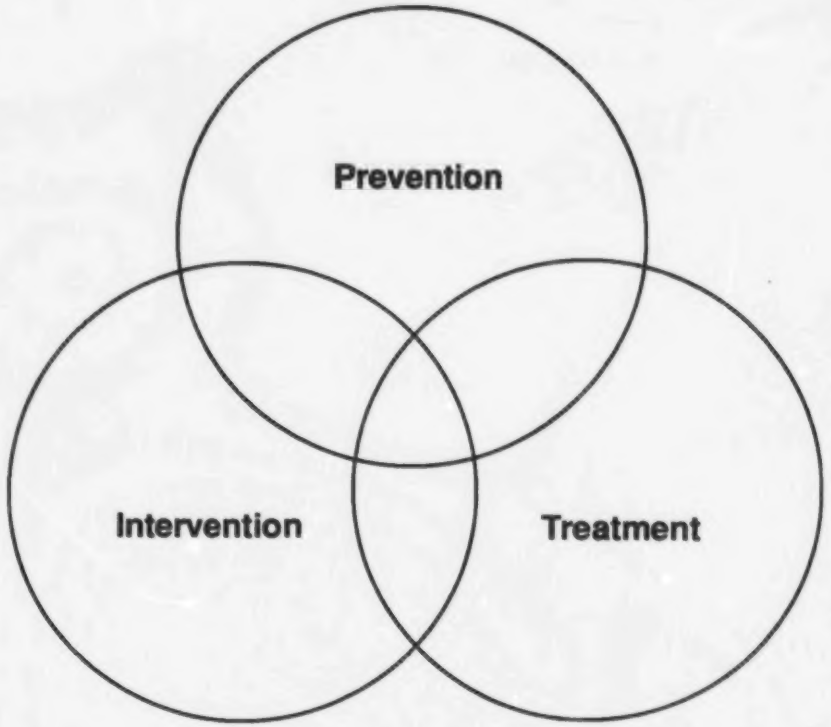
Sakwatamo Lodge 864-3631
Box 3917, Melfort, S0E 1A0 864-3632

Art Fourstar, A/Executive Director

The Health System

The provincial health system offers support and assistance to those with a serious alcohol/drug problem.

Physicians and hospitals play important roles as primary contacts. They offer initial assessment and referral services to appropriate treatment centres.



SADAC ***We're facing the problems to find the solutions***